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Navy & Marine Corps Medical News

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This service distributes news and information to Sailors and Marines, their families, civilian employees, and retired Navy and Marine Corps families. Further dissemination of this email is encouraged.

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Headline: Surgeon General congratulates Hospital Corps for exemplary record

From Bureau of Medicine and Surgery

WASHINGTON--The Hospital Corps will celebrate on June 17 a century of service to Sailors, Marines, retirees and their families. Through the years, the dedication of corpsmen has continued to improve the readiness and quality of life for all the Hospital Corps' customers.

The Surgeon General of the Navy, VADM Harold Koenig expressed the appreciation of everyone who has benefited from the years of service provided by the Hospital Corps:

Since 1898, Hospital Corpsmen have served as care givers offering comfort to the sick and wounded during peacetime and war. The dedication and valor that are distinguishing characteristics of the Hospital Corps have been validated by 21 Medals of Honor, 174 Navy Crosses, 942 Silver Stars, 1,554 Bronze Stars and thousands of other personal decorations awarded to Hospital Corpsmen in the last 100 years.

As the largest community in Navy Medicine, the nearly 30,000 active duty and reservist members of this distinguished corps of professionals represent Navy Medicine at its best...The large number of technical fields within your Corps allows you to touch the lives of all our beneficiaries

in many different ways. You are truly the "cornerstone" of Navy Medicine and you have made us proud.

As you celebrate your 100th anniversary, I thank you for your service to our country, the Navy, Marine Corps and Navy Medicine. I know you will continue your legacy of honor, courage and commitment and meet the challenges of the future. I wish you continued success and a glorious 100th anniversary.

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Headline: Secretary of the Navy sends birthday greeting to Hospital Corps

From: Secretary of the Navy

WASHINGTON--Secretary of the Navy, John H. Dalton recognized the Hospital Corps' 100 years of service in a letter commending their diligence and dedication:

I am pleased to send greetings on behalf of the Department of the Navy to the men and women of the United States Navy Hospital Corps on the occasion of your centennial anniversary.

In your first century of service, you have made a proud name for yourselves. Hospital corpsmen have risked their lives to render aid to over a quarter of a million of their wounded comrades in every expedition, battle, and campaign of the 20th Century. Your courage and skills have been called upon to save lives on fire-swept foreign shores and in burning and flooding ship compartments. Regardless of danger, Navy hospital corpsmen have always answered the call.

The proof of your dedication is readily apparent in your many and distinguished acts of valor. Hospital corpsmen have earned 21 Medals of Honor, 174 Navy Crosses, 942 Silver Stars, 1,554 Bronze Stars, and thousands of other personal decorations. Almost 2,000 hospital corpsmen have lost their lives so that others might live. The price of your dedication has been high.

Beyond the courage of caring for the wounded in combat, hospital corpsmen have borne the responsibility of ensuring the day-to-day health of the Navy and Marine Corps in peacetime. In direct patient care, laboratory work, and research, Sailors of the Hospital Corps have worked tirelessly at sea and ashore to prevent and treat illness and injury.

Sailors and Marines have depended on the professionalism and devotion of hospital corpsmen since 1898. It is fitting that we congratulate you and offer our thanks for your first 100 years of service. Happy birthday, hospital corpsmen! May the accomplishments of your first century of service guide you to continued success in the next millennium.

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Headline: Chief of Naval Operations thanks men and women of Hospital Corps

From Chief of Naval Operations

WASHINGTON--Chief of Naval Operations, ADM Jay L. Johnson in his birthday greeting to the Hospital Corps, recognized the bravery and dedication corpsmen have shown serving the U.S. Navy and the U.S. Marine Corps:

At this important milestone in your history, allow me to offer my sincere wishes for a happy 100th anniversary to the men and women of the U.S. Navy Hospital Corps.

Since 1898, every Sailor and Marine has benefited from your dedicated service, from boot camp immunizations to retirement physicals. When they have become ill, injured, or wounded in battle, a Hospital Corpsman has always been nearby to heal and provide solace. You shared the risks of combat, the isolation of deployment, and the challenge of providing care to the infirm. Your presence as an integral part of the Navy-Marine Corps team has given strength and hope to your shipmates.

In World War I, the U.S. Navy Hospital Corps lost Sailors to U-boat torpedoes, the machine gun, mustard gas, and disease. In World War II, 130 Hospital Corpsmen perished as POWs and over a thousand others gave their lives on the beaches of the Pacific and in the inferno of ships struck by kamikazes. Your sacrifice continued in Korea, Vietnam, and Lebanon, where hundreds gave their lives to save fellow Americans.

While the name by which your rating is known has changed from Hospital Steward and Pharmacist's Mate to Hospital Corpsman, you unfailingly demonstrated patriotism, professionalism, and dedication in keeping with the highest traditions of the United States Naval Service.

On behalf of your shipmates throughout our great Navy, I extend my thanks and gratitude for a century of peerless service. Well done!

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Headline: "Corpsman Up!" Birthday greeting from the Marine Corps
From Headquarters, U.S. Marine Corps

Arlington, Va.--The Hospital Corps and the U.S. Marine Corps have been linked since Marines first manned U.S. Navy ships to help fight America's sea battles. In recognition of that long association, the Commandant of the Marine Corps, Gen. Charles C. Krulak, sent a 100th birthday greeting to the Hospital Corps:

"Corpsman Up!" For 100 years, Marines and Sailors have echoed this cry--a cry of pain, a cry of suffering--but a cry of hope and confidence. Since 17 June 1898, the men and women of the Hospital Corps have selflessly and professionally answered each and every call, armed only with the weapons of bravery and compassion. On behalf of a deeply grateful Marine Corps, I extend my warmest birthday wishes on your centennial anniversary.

Whenever our Nation called "Send in the Marines!" her "Docs" were with us, shoulder-to-shoulder, lockstep.

Guadalcanal, Tarawa, Pelelieu, Saipan, Tinian, Kwajalein, Iwo Jima, Okinawa--you saved lives on the same beaches which we stormed--sharing our hardship, our heartache and our resolve. Vietnam, Beirut, Southwest Asia, Somalia--you aided the wounded, allayed pain and carried the injured to safety--we tasted the same smoke and felt the same fire. At every clime and every place where Marines have sacrificed for Country and Corps, your presence provided immeasurable confidence. Like ours, your legacy is one of duty, valor, sacrifice, and honor. You have earned a very special place in our glorious history and in the hearts of Marines, past and present.

"Corpsman Up!" Just as you have honorably and courageously answered that cry for the past 100 years, you will continue to hear the call in the future. As the Marine Corps prepares for the fog and friction of the "Three-Block War," we are reaffirmed, knowing that the men and women of the Hospital Corps will continue to faithfully "Hold the care of sick and injured as a privilege and sacred trust." Your professionalism, valor, and character have secured our utmost respect. We are honored, proud and grateful to share in the heritage of the "Sailors of solace."

On this very special day, all Marines join me in saying Happy Birthday "Doc." Semper Fidelis, and God Bless.

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Headline: Bremerton gets new technology for diagnostic scanning

By Judith Robertson, Naval Hospital, Bremerton

BREMERTON, Wash.--A new spiral Computed Tomography (CT) scanner at Naval Hospital, Bremerton will not only ease the diagnosis process for patients, but it will also help the hospital's Radiology Department provide better service to its customers.

Using the new CT scanner that sports the latest technology, a patient can receive a spiral scan in seconds. Compare that to the back and forth pendulum scan that took hours with the old unit and the time savings is clear.

The new unit allows the CT scanning table to move continuously as the X-ray beam traces a spiral path through the patient. A faster scan means less chance of a poor image because of patient movement. Another benefit of faster scans is less confinement time for claustrophobic patients.

According to Chief Hospital Corpsman George Hua, customer service was on the hospital staff's mind before the new equipment arrived. They decided beforehand to move scanning services from the basement to the second floor next to the emergency room, which improved service by X-ray technicians and was convenient for customers. The new location and faster scans improved hospital diagnostic service.

"All these [CT scanner's] benefits mean we have increased our ability to handle more patients daily," Hua said. "We expect our work load to increase accordingly."

The CT seems to be the "Swiss army knife" of the hospital's medical toolbox. It works in conjunction with regular x-rays and Magnetic Resonance Imaging (MRI), and it is used alone to evaluate certain types of tissue problems and disease. For example, a patient with a pacemaker should receive CT scan examination more so than using MRI. In another case, someone with a broken limb may require diagnostic input from all three methods.

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Headline: Navy researchers document rare quadruple malaria infection

By Doris Ryan, Naval Medical Research and Development Command

BETHESDA, Md.--Navy researchers at the U.S. Naval Medical Research Unit (NAMRU) 2, Jakarta, Indonesia, recently made an exceptional find from blood collected during a malaria field study in a remote area of Indonesia. The sample showed that a person was infected with all four known malaria parasites.

It was a significant find in malaria research. Previous reports have detected all four parasites in a population but never simultaneously in an individual. It was clearly a research first.

Malaria, a dangerous parasitic disease spread by Anopheline mosquitoes, is one of the most serious infectious diseases throughout the tropical and subtropical world. It is a threat to the health of U.S. troops deployed to Africa, Asia, South and Central America, and the Pacific.

With an understanding of how dangerous malaria infection could be, it became clear that present research for vaccine development would have to be changed. Currently, researchers at the Naval Medical Research Institute in Bethesda, Md., are developing a vaccine for the two most virulent parasites causing the highest morbidity rate. The discovery of a person with all four malaria parasites means a vaccine will have to be developed that will destroy all four parasites at one time.

The malaria parasite discovery came from the work of the U.S. Naval Medical Research Unit No. 2 infectious disease research, which supports deployed U.S. military forces throughout the Asia-Pacific region. Such finds are part of providing the military with one of the most sophisticated forward diagnostic facilities in the world. NAMRU-2 military and civilian scientists provide expertise in tropical disease research used for diagnostic tests, to evaluate prevention and treatment strategies, and monitor disease threats.

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Headline: Physical therapist wins academic honor

By LCDR Terry Lane, MSC, Naval School of Health Sciences

SAN ANTONIO--Lieutenant Commander Gregory Ernst, MSC, a physical therapist, who is assigned as the Navy course

coordinator in the joint service Army Baylor physical therapy program at the Academy of Health Sciences, Fort Sam Houston, Texas, showed how well he knows his business by topping 4,500 other test takers in the 1997 National Athletic Trainers' Association (NATA), Inc. Board of Certification examinations.

For his effort, he will receive the annual 1998 Eddie Wojecki Award that recognizes the nation's highest score on the tough examination. The award will be presented June 17 at the 49th NATA clinical symposia in Baltimore, Md.

According to William Chambers, chairman of the NATA scholarship committee, Ernst is the first Naval officer to win the prestigious award, which is named after the man who is considered the "Father of athletic trainer certification."

Ernest has 14 years of physical therapy experience and began his present assignment after completing a doctoral degree in sports medicine at the University of Virginia. Earlier in his career, he performed his master degree work in physical therapy at his present school.

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Headline: TRICARE question and answer

Question: Under TRICARE what are my options for getting prescriptions filled, and what is the cost?

Answer: It depends on your status (active duty, retired, or dependent), whether you participate in TRICARE Prime, Extra, or Standard, and where you live. In general, there are four options:

- 1) A Medical Treatment Facility (MTF) pharmacy -- available to all beneficiaries. There is no cost for medication received at any MTF pharmacy.
- 2) A retail pharmacy that participates in the TRICARE contractor's network in your area -- Anyone except active duty members can obtain their medications at a network pharmacy. If you're enrolled in TRICARE Prime, prescriptions filled at network pharmacies cost \$5 for a 30-day supply for active duty family members, and \$9 for a 30-day supply for retirees and their dependents. Active duty family members using TRICARE Extra or Standard can expect to pay 15 percent of the cost of the prescription per 30-day supply, while all others who've chosen the Extra or Standard option pay 20 percent.
- 3) Any other civilian pharmacy -- Participants in TRICARE Prime must pay the first \$300 (for individuals) or \$600 (for families) per year for prescriptions filled at non-network pharmacies. After the \$300 or \$600 deductible is met, Prime enrollees pay 50 percent of the cost of the prescription for a 30-day supply. If you're using TRICARE Extra or Standard, you'll have to pay an initial annual deductible of \$50 per individual or \$100 per family for dependents of E-4 and below, and \$150 per individual or \$300 per family for all other customers. Once the deductible is met, active duty

family members pay 20 percent of the cost of the medication, while all other customers pay 25 percent.

4) The National Mail Order Pharmacy (NMOP), which became available last October -- Those who can obtain their medications through the NMOP include active duty worldwide; most active duty families stationed in Alaska, Puerto Rico, or overseas; TRICARE Prime participants who are enrolled at an MTF; and selected Medicare-eligible retirees who live in areas affected by recent base closures. The service is free for active-duty military. For others, the cost for prescriptions obtained through the NMOP is \$4 per 90-day supply for active duty families and \$8 per 90-day supply for eligible retired people, with no annual deductible. Call 1-800-903-4680 for further information about the NMOP.

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Headline: Healthwatch: Keep food safe at picnics and cook outs

By Jay White, Naval Medical Center, Portsmouth

PORTSMOUTH, Va.--Summer is here and it's time for outside recreation. Food is a big part of summer camping, picnics and cook outs. Here are some tips to make an outing more enjoyable:

- Remember four simple rules about food: keep it clean, keep it covered, keep hot foods hot and cold foods cold.
- Plan the right amount of food to take and you will not have to worry about storage or safety of leftovers.
- Pack coolers right from the refrigerator. Put food in an insulated cooler or ice chest and cover with ice or commercial ice packets. Place the cooler in the shade and don't constantly open it.
- Keep drinks in a separate cooler instead of mixing with more perishable items, and that will slow frequent opening and closing the lid.
- Keep raw meat, poultry or fish well wrapped so that drippings do not contaminate other foods.
- Wrap all foods separately in plastic.
- Wash hands and work areas; be sure all utensils are clean
- Keep hot foods hot. Use a thermos, hot packs or insulated dish for serving.
- Thoroughly cook all raw meat, poultry and fish. The center of hamburger patties should not be pink and the juice from the hamburger should run clear.
- Do not put cooked foods on a plate used for any kind of raw meat.
- Handle leftovers with care. Perishable foods should not be left out, return them to the cooler quickly.
- Some foods are more susceptible to bacterial growth than others: meat, poultry, fish, shellfish, meat or seafood salads, potato salad, milk products, eggs, cream pies and custards require special attention.

After all your safety efforts, you suspect you are experiencing an illness caused by food, seek medical assistance. If you have questions about food sanitation,

call your local preventive medicine department.

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Comments about and ideas for MEDNEWS are welcome. Story submissions are encouraged. Contact MEDNEWS editor, Earl Hicks, at email: mednews@us.med.navy.mil; Telephone 202/762-3223, (DSN) 762-3223, or fax 202/762-3224.

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